

NCCP Course Requirement and Schedule Guide (GCG, 2019)

(GF) Foundations Courses				
Theory	Introduction	Artistic	Trampoline	Active Start
4 hr (classroom)	7.5 hr (in-gym)	7.5 hr (in-gym)	7.5 hr (in-gym)	7.5 hr (in-gym)
5 hr (online classroom)	(+ 1.5 hr/day for lunch and breaks)			
<i>Prerequisites:</i> min. 15 yrs of age				
Completed GF Theory and GF Introduction				

(C1) Comp Intro Courses			
Theory	WAG	MAG (add-on)	Trampoline
8.5 hr (classroom)	23 hr in-gym (3 days)	7 hr in-gym (1 day)	23 hr in-gym (3 days)
8-9 hr (online classroom)	(+1.5 hr lunch and break each day)		
<i>Prerequisites:</i> min. 16 yrs of age Foundations Trained			

(C2) Comp Intro Advanced Courses		
Theory	WAG	MAG (add-on)
~4 hr (classroom)	~3 days in gym (9hr/day)	~1 day in gym (9hr/day)
~5 hr (online/classroom)	(+1.5 hr lunch and break each day)	